

THE WAY INSTITUTE OF MARTIAL ARTS

2nd Dan – 3rd Dan PRE-TESTING REQUIREMENTS

Class Requirements:

50 Class Minimum per 12 Months • 10 Sparring • 20 Assistant Classes per 12 Months

Panel Testing: 2 Times Per Year

Pre-Test 2.12 (12 months after your 2nd Dan Black Belt Test)

- Forms:** 1- Random Basic
1- Random Intermediate Or Bassai,
1- Random Nianchi Form
Chipsu
Chinte
- 1-Steps:** Any 4 Attacks – Empty-Hand vs. Empty-Hand
Any 2 Attacks – Empty-Hand vs. Weaponed Attacker
- Self Defense:** 2 - Lock Counter attacks
1 On 1
- Kicking Combinations –** Into targets:
1 Linear ½ of kicks must be Jump
1 Circular With Offensive Jump Turning Heel ½ of kicks must be Jump
- Sparring:** 1 On 1
- Breaking:** 4 Boards - (1 With Each Limb)

Pre-Test 2.24 (24 months after your 2nd Dan Black Belt Test)

- Forms:** 1- Random Basic
1- Random Intermediate Or Bassai,
1- Random Nianchi Form
Wangshu
Design Form
Weapons Design Form
- 1-Steps:** Any 2 Attacks – Empty-Hand vs. Weaponed Attacker
Any 4 Attacks – Weapon vs. Weapon
- Self Defense:** 4 - Lock Counter attacks
1 On 1
- Kicking Combinations –** Into targets:
1 Linear ½ of kicks must be Jump
1 Circular With Offensive Jump Turning Heel ½ of kicks must be Jump
- Sparring:** 1 On 1
- Breaking:** 4 Boards - (1 With Each Limb - One Must Be A Jump Kick)

3rd Dan Black Belt Test Requirements

ESSAY: My growth as a Black Belt over the past three years.

FORMS: 12 Total

- 1 randomly called off basic form
- 1 randomly called off intermediate form
- Pyong An Oh Dan through Wangshu
- 1 - Empty-handed Design Form or combined with Weapon Design Form
- 1 - Weapon Design Form (*with or without music*)

1-STEPS: 12 Total

- 4 - hand vs. hand
- 4 - hand vs. attacker with a weapon
- 4 - weapon vs. weapon

SELF DEFENSE:

- 6 - Lock Counter attacks
- 1 on 1
- 2 on 1

COMBINATIONS: 4 TOTAL

- 2 - Linear** Kicking Combinations: Into Striking Shield
 - 1 - ground combination - candidate's composition
 - 1 - jumping - candidate's composition (*all kicks must be jump*)
- 2 - Circular** Kicking Combinations: Into Hand Target
 - 1 - ground combination - candidate's composition
 - 1 - jumping - candidate's composition (*all kicks must be jump*)

SPARRING:

- 1 on 1
- 2 on 1

BOARD BREAKING:

- 10 Boards Total – Tester's choice of breaks –
- Blue dot for one of the following 2 finger hold breaks
 - 1. Jump Turning Heel
 - 2. Offensive Jump Turning Heel
 - 3. Standing Heel

Adults and Teens over 120 lbs:

- (3) with candidate's choice of hand techniques all other boards kicks

Candidates less than 120 lbs:

- (4) with candidate's choice of hand techniques all other boards kicks